

Family Caregiver Support

Related Resources

Statewide Resources for Family Caregivers

For General Information and Access to Local and State Resources:

ServiceLink – www.servicelink.org - A statewide network of community-based connections for

elders, adults with disabilities and their families. Each ServiceLink office is staffed by helpful and supportive employees who are knowledgeable about the resources available within your local area and throughout New Hampshire. Their knowledge of resources include: home-care Services, family caregiver support, employment issues, financial/retirement planning, wellness education, prescription drug options, healthcare benefits, housing, disease management, and supports for grandparents who are raising their grandchildren.

NH Helpline – www.nhhelpline.org - NH Helpline's trained and certified Information and Referral Specialists provide information, referral, assistance, and crisis intervention services utilizing the NH Help Line Resource Database. The NH Help Line Resource Database contains comprehensive information about social service agencies and programs throughout the state of New Hampshire.

Community Support:

Caregiver's Network - www.caregiversnetwork.homestead.com - The Caregiver's Network is a website manned by volunteer family caregivers in the Belknap and Strafford County area of New Hampshire. This site offers local resources and supports, a newsletter and an interactive chat room providing an online support group for homebound family caregivers.

Alzheimer's Association of Vermont & New Hampshire – www.alz.org/vtnh - The website of the local chapter of the National Alzheimer's Association based in Concord, NH and Montpelier, VT. The local chapter offers information, training, advocacy, a listing of local support groups and events to aid families and professionals who are dealing with the effects of Alzheimer's disease.

Granite State Independent Living – www.gsil.org - Granite State Independent Living (GSIL), a statewide non-profit agency that recognizes the fact that all of us will need some type of support in the course of our lives. GSIL offers tools and resources so that individuals can participate as fully as they choose in their lives, families, and communities. GSIL offers a wide range of programs and services that individuals can use to live life independently and on their terms.

Area Agencies - www.nhchallenge.org/resources/agencies.htm#7 - The site lists all the Area Agencies in the State of New Hampshire. The Area Agencies are non-profits agencies designated by the State of New Hampshire Division of Developmental Services to establish and maintain programs and services, which promote growth and independence for individuals with developmental disabilities.

Home Care and Respite Providers:

Home Care Association of New Hampshire - www.homecarenh.org - The Home Care Association of New Hampshire (HCANH) represents licensed agencies that provide in-home health care and supportive services to individuals living in New Hampshire. The site contains their online directory and links help you locate home care and hospice providers in New Hampshire.

Adult Day Care Centers in New Hampshire - This site contains a listing of Adult Day Care Centers in New Hampshire - www.nhptv.org/outreach/alzheimers/resources/WebAdultDayCareCntsNH_F.pdf

Resources for Grandparents Raising Grandchildren:

GrandsPlace (for grandparents and special others raising children) - www.grandsplace.com - The purpose of this site is to provide resources and information concerning grandparent rights issues, a resource guide to grandparent support groups, and interactive bulletin boards. GrandsPlace was developed as a gathering place for those caregivers raising their children's children. A place to share resources and stories, a place where one would feel safe and secure in discussing problems.

Grand/Parent Again - www.grandparentagain.com/community/support_newhampshire.html
Community support groups for grandparents as parents again.

New Hampshire Family Voices - www.nhfv.org - This is a resource for grandparents who are raising children with special needs. New Hampshire Family Voices is run by parents of children with special health care needs, multiple disabilities and mental health conditions. Their publication "Navigating Through the Maze" is a comprehensive guide on where to find resources.

National Resources for Family Caregivers:

AARP (Caregiver Resources) - www.aarp.org/families/caregiving

AARP (Grandparents Raising Grandchildren) - www.aarp.org/families/grandparents/raising_grandchild/a2004-09-07-grandparents-raisinggrands.html

American Association of Homes and Services for the Aging – www.aahsa.org - The members of the American Association of Homes and Services for the Aging (www.aahsa.org) serve two million people every day through mission-driven, not-for-profit organizations dedicated to providing the services people need, when they need them, in the place they call home. Our members offer the continuum of aging services: adult day services, home health, community services, senior housing, assisted living residences, continuing care retirement communities, and nursing homes.

Assisted Living Federation of America – www.alfa.org - The Assisted Living Federation of America (ALFA) is the largest national association exclusively dedicated to professionally operated assisted living communities for seniors.

Caring Connections - www.caringinfo.org/i4a/pages/index.cfm?pageid=3279 - Caring Connections, a program of the National Hospice and Palliative Care Organization (NHPCO), is a national consumer engagement initiative to improve care at the end of life, supported by a grant from The Robert Wood Johnson Foundation.

Center for Disease Control - www.cdc.gov - The Centers for Disease Control and Prevention (CDC) is one of the 13 major operating components of the Department of Health and Human Services (HHS), which is the principal agency in the United States government for protecting the health and safety of all Americans and for providing essential human services, especially for those people who are least able to help themselves.

National Institute on Aging - www.nia.nih.gov - NIA, one of the 27 Institutes and Centers of [NIH](http://www.nih.gov), leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life. In 1974, Congress granted authority to form NIA to provide leadership in aging research, training, health information dissemination, and other programs relevant to aging and older people. Subsequent amendments to this legislation designated the NIA as the primary Federal agency on Alzheimer's disease research.

National Council on Aging – www.ncoa.org - Founded in 1950, The National Council on the Aging is a national network of organizations and individuals dedicated to improving the health and independence of older persons and increasing their continuing contributions to communities, society and future generations.

National Family Caregiver Alliance - www.caregiver.org/caregiver/jsp/home.jsp - In 2001, FCA established the National Center on Caregiving to advance the development of high-quality, cost effective programs and policies for caregivers in every state in the country.

National Family Caregivers Association – www.nfcacares.org - The National Family Caregivers Association (NFCA) supports, empowers, educates, and speaks up for the more than 50

million Americans who care for a chronically ill, aged, or disabled loved one. NFCA reaches across the boundaries of different diagnoses, different relationships and different life stages to address the common needs and concerns of all family caregivers.

National Family Caregiver Support Program - www.aoa.gov/prof/aoaproq/caregiver/caregiver.asp -

The Administration on Aging's Caregiver Resource Room is where families, caregivers, and professionals can find information about The National Family Caregiver Support Program, including: where you can turn for support and assistance, and providing services to caregivers.

Minority Services/Programs:

NH Minority Health Coalition – www.nhhealthequity.org - The organization was founded by a small group of concerned citizens interested in closing the gaps in access of community services experienced by the growing population of racial and ethnic minority groups. Today, NHMHC has a staff of over thirty, many committed consultants and volunteers, and diverse partnerships made up of health care professionals, community-based organizations, state and local agencies, local companies and private citizens.

Manchester Community Resource Center – www.snhs.org - Southern New Hampshire Services, Inc., The Community Action Agency For Hillsborough County

Disease Specific Resources:

Alzheimer's Disease Education and Referral Center (ADEAR) - www.alzheimers.org

National Alzheimer's Association – www.alz.org

American Arthritis Foundation - www.arthritis.org

NH Association for the Blind – www.sightcenter.com

Brain Injury Association of NH - www.bianh.org

American Cancer Society - www.cancer.org/docroot/home/index.asp

American Diabetes Association - www.diabetes.org/homepage.jsp

American Heart Association - www.americanheart.org/presenter.jhtml?identifier=1200000

American Medical Association - www.ama-assn.org

American Pain Society - www.ampainsoc.org

American Parkinson Disease Association - www.apdaparkinson.org/user/index.asp

Depression and Related Affective Disorders Association - www.drada.org

National Alliance for the Mentally Ill – www.nami.org

NH Alliance for the Mentally Ill – www.naminh.org

Medicare / Medicaid / Medical Insurance

Medicare – www.medicare.gov

Medicaid – www.dhhs.state.nh.us/DHHS/MEDICAIDPROGRAM/default.htm

CMS- Centers for Medicaid and Medicare Services - www.cms.hhs.gov

National Association of Insurance Commissioners – www.naic.org

Legal, Financial and Advance Planning

Foundation for Healthy Communities – Advance Care Planning Guide - A process to think about, talk about and plan for end-of-life care.

www.healthynh.com/fhc/initiatives/performance/eol/advancedirectives.php

Office of the Long Term Care Ombudsman, NH Bureau of Elderly and Adult Services – www.dhhs.state.nh.us/DHHS/OLTCO/default.htm - The Long-Term Care Ombudsman receives, services, investigates and resolves complaints or problems concerning residents of long-term health care facilities.

National Senior Citizens Law Center – www.nsclc.org - The National Senior Citizens Law Center advocates nationwide to promote the independence and well being of low-income elderly individuals and persons with disabilities.

Senior Law Home Page – www.seniorlaw.com - This is a Web site where senior citizens, their families, attorneys, social workers, and financial planners, can access information about elder law, Medicare, Medicaid, guardianship, estate planning, trusts and the rights of the elderly and disabled.

Other Related Caregiving Resources

Caregiver Store - www.caregiver.com/mall/index.htm

NH Housing Finance Authority – www.nhhfa.org - New Hampshire Housing Finance Authority is a public benefit corporation whose mission is to promote, finance and support safe, affordable and needed housing and related services for New Hampshire families, individuals and communities. In accordance with its mission, the Authority operates a broad range of programs designed to assist low and moderate-income persons and families obtain decent, safe and affordable housing.

Today's Caregiver Magazine - www.caregiver.com/index.asp

Veterans Resource Guide - <http://www.nhes.state.nh.us/esb/vetsreso.htm> - This information is a Self-Help Guide to Veterans Services and Benefits. Use this guide to help yourself obtain information about services and benefits available from various listed agencies and organizations located around the State. This is not an all-inclusive list but a reference guide to frequently requested services. Some agencies can help you directly, and others can refer you to the appropriate agency nearest you for help.

Vision Aids:

Optelec, Inc. – www.optelec.com

NH Association for the Blind – www.sightcenter.com

Sight Services for Independent Living -

www.ed.state.nh.us/education/doe/organization/adultlearning/VR/SSIL.htm - Services are available for individuals who are legally blind or visually impaired, 55 years of age or older and living independently.

Aids for Hard of Hearing:

Northeast Deaf and Hard of Hearing Services - www.ndhhs.org - Northeast Deaf and Hard of Hearing Services (NDHHS) is New Hampshire's "one-stop" resources for services specific to the Deaf and Hard of Hearing community and for information about hearing loss.

Hartling Communications - www.hartling.com

Adaptive and Assistive Equipment:

Assistive Technology, Inc – (communication devices) www.assistivetech.com

D Parsons a.d.l., Inc. – (products for independent living) www.parsonsadl.com

Maxi-Aids – (products for independent living) www.maxiaids.com

All-Ways Accessible, Inc. – (Lifts and ramps) www.all-waysaccessible.com

American Ramps Systems – www.americanramp.com

Sammons Preston – (rehab equipment and supplies) www.sammonspreston.com

Bruno Independent Living Aids, Inc. – www.bruno.com

ATECH Services – www.nhassistivetechology.org

The Alzheimer's Store – www.alzstore.com